

ABSTRACT

PURPOSE-To study the prevalence of vitamin D deficiency in Dysmenorrhea and to study the role of single oral dose of 3,00,000 IU of vitamin D3 cholecalciferol to improve primary dysmenorrhea.

METHODOLOGY:

50 patients aged 18 to 25 years old adult females attending the OPD clinics with primary dysmenorrhea were enrolled in the study and enquired about their ages, BMI, detailed menstrual history, baseline VAS score, regarding the use of NSAIDS and baseline serum 25(OH) vitamin D3 level tested. At the end of 6 months patients will be randomized to receive either a single oral dose of vitamin D3 3,00,000 IU(Group A) or Placebo drug Iron tablets(Group B).Patients were asked to fill in the VAS score and enquired about usage of NSADS at the end of 2nd and 4th month after supplementation . Vitamin D3 levels were rechecked at the end of 2 and 4 months.

RESULTS: Of the 50 dysmenorrheic women,70 % were found to have vitamin D deficiency. Among the vitamin D group ,at the start of the study, mean vitamin D level was around 17.84 ± 10.1 ,VAS score was 8.76 ± 0.97 ,NSAID usage was around 96 % ,2 months later, mean vitamin D level was 42.64 ± 10.1 ,VAS score was 2.72 ± 1.17 ,NSAID usage reduced to 8%,4 months later, mean vitamin D level

was 34.70 ± 8.1 , VAS score was 3.56 ± 0.76 , NSAID usage was 8% .But no difference was noted in the placebo group.

Conclusion There is increased prevalence of vitamin D deficiency in dysmenorrhea and there is a definite improvement in dysmenorrhea with supplementation of vitamin D.